

THREE SEASONS AYURVEDA



Turmeric

Within the amazing world of medicinal plants, few have an as diverse range of qualities and medicinal uses as Turmeric. Best known as an anti-inflammatory, it also acts as an antioxidant, emmenagogue, carminative, antibacterial, alterative, antiplatelet, and anticarcinogen. It has been proven effective in treating many ailments—including arthritis, stomach ulcers, gallstones, eczema, psoriasis, acne, fibroids, cysts, dermatitis, colitis, asthma, osteoarthritis, gout, fevers, sore throats, diabetes, anemia, and hemorrhoids. Turmeric additionally helps balance the female reproductive and lactation systems. In men, it purifies and improves the health of semen.

The Latin name for Turmeric is “*Curcuma Longa*,” which comes from the Arabic name “Kurkum.” It comes from the Zingiberaceae family (same as ginger) and in Sanskrit is called Haridra (The Yellow One). There are two varieties, one is harder and is used mostly for dyeing. The second one is easily found at the supermarket and is softer, larger, and lighter-colored and is primarily for eating.

Turmeric has been used for centuries in Ayurveda and is believed to balance the three doshas (Vata, Pitta, and Kapha). It has the tastes of pungent, bitter, and astringent with the qualities of dryness, lightness, and warmth. It is used medicinally internally and externally as a juice, tea, tincture, powder, or as a jam.

The active ingredient in Turmeric is curcumin, and its raw state only makes up about 5% overall, which gives it poor bioavailability, and most is excreted in feces. But when it is combined with Piperine (Indian long pepper), its bioavailability increases 1,000-fold. Note that Turmeric should be in a 10:1 ratio to the long pepper, and where black pepper also has piperine but is very hot and drying and may aggravate Pitta and Vata. Adding fat, in the form of ghee or coconut oil helps with absorption and digestion as well.

One delicious way to ingest Turmeric is when it is made into a medicinal jam, which you can either make yourself (I will send you the recipe if you like) or purchase from me by contacting: jeff@tsayurveda.com.



<u>Ingredient</u>	<u>Energetics</u>	<u>Action</u>
Turmeric	Pu, Bi, As/Warm	Antibacterial, anti-inflammatory, antioxidant
Pippali	Pu/Warm	Carminative, analgesic, circulatory stimulant
Cinnamon	Pu, Sw, As/ Warm	Astringent, expectorant, diaphoretic
Cardamom	Pu, Sw/Warm	Digestive stimulant, carminative, expectorant
Coconut Oil	Sw/Cool	Helps mucous secretion
Ground Ginger	Pu/Hot	Light, juicy, digestive
Maple Syrup	Sw/Warm	Balancing
Sw=Sweet / So=Sour / Sa=Salty / Pu=Pungent / Bi=Bitter / As=Astringent		
Dosage & Usage: Take 1 teaspoon 2-3 time per day.		



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